

ENLIGHTENMENT



Willard Hypnosis Center

November 2006

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Vol. 1, No. 5



Did you know?

If you have watched any television in the last decade, you would have had to have seen the commercial for a wireless phone service that repeats “Can you hear me now?”

It’s the one where the man walks a few steps, repeats

the phrase, another few steps, and again repeats the phrase. Some of you may have gotten tired of it quickly, while others like me enjoyed some of the creativity of it and the subsequent commercial for that wireless provider. It is easy to get the message that with that service, you can hear what you are supposed to. In hypnosis, what you hear is both important and at the same time unimportant.

Don’t you just love it when someone says something like that. How can something be both things at the same time? In hypnosis, naturally you are hearing what the hypnotist is saying that is important. (For the hearing impaired, this point is obviously mute. It should be noted though that those who are deaf or have a hearing impairment can be hypnotized, but through alternative methods.) The hypnotist uses his voice to guide the client into hypnosis and continues to talk to the client, many times having conversation with the client to do the work that has to be done. Obviously the client has to hear the hypnotist to carry out this work.

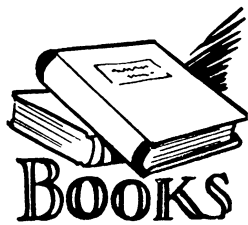
For most people, the term hypnosis and sleep go together. We all probably have heard

in a movie or TV show someone say, “Your eyes are getting heavy, now sleep”. But hypnosis is not sleep like you have when you go to bed at night and drift off into dreamland. Hypnosis is a state of being where you are awake and fully aware of your surroundings, including hearing the words spoken to you and other sounds. In regular sleep, you do not experience any of this. Many are confused about this and believe that there must be some similarities. But there are little if any likenesses between hypnosis and regular sleep. You will hear when in hypnosis.

Now where the contradiction comes in is that in hypnosis, some sounds will be important, like the sound of the hypnotist’s voice, while others will not. In fact, what is commonly done by the hypnotist is that a suggestion is given early in a session so that all other sounds will become less important. Also, when the client does hear other sounds, such as a passing vehicle or the bark of a dog, the client will go deeper into hypnosis. A trained hypnotist actually lets outside sounds help him do his job.

Eventually for many, all other sounds will seem to fade away. For others, they will be heard but will not really be noticed. Imagine the times you have a radio on, listening to music, and you are doing something else. For most of the time you will hear the music, maybe sing or hum along with your favorite tunes. Then you will be more intently involved with your other activity and not even notice the radio anymore. And if asked, you would not be

able to name the last several songs played. The same thing happens in hypnosis. Your thoughts are focused and distracted from other sounds around you. You can hear them, but at the same time you can't. And in hypnosis, the hypnotist and his voice are the center of your attention.



Books We Liked.

Recently we visited some art galleries in New Haven, Connecticut. We had checked our travel guide and decided to take in the Yale University

Museum and the British Art Museum. For some of you who know me you might be a little surprised that I would enjoy this kind of vacationing. Why go to a stuffy art gallery when you can be out doing fun stuff? Well, because we do enjoy art. Although I may not enjoy or appreciate all forms of art or artists, I do enjoy the discovery of each. For some it may take me time to decide if I like or dislike the artist's work or style. Others, I know right away. For me, seeing the changes in styles, their sameness and/or their differences are intellectually exciting. No, I am not an art snob but I do appreciate talent and creativity. I am in awe with many of the artists as to what they must have done to learn techniques, to apprentice under others, or to learn on their own and develop their own unique artistic hand.

Over the last several years I have purchased several art books and picked a few favorites. In some of the works, I see people I know who may have been the models. I see their faces, their stance, their souls put to canvas or stone or other mediums. In other works, I wonder at the person whose essence was borrowed. Their essence is being borrowed by skilled hands and transformed into a dynamic work of art just for me to enjoy. OK, maybe not just for me, but it sometimes feels

that way. But each and every work of art is meant to be seen by someone. And on that day, that someone was me. One of my great joys in art is seeing an original of one of my favorite works of art. And on our recent trip through New England, I did get to see some of them.

And as always, seeing the original is almost always more enjoyable than seeing them in books. But if not for books like this, how would we ever get to see and enjoy so much art. For most of us, it is through books that we first discover art. *Sister Wendy's 1000 Masterpieces* by Sister Wendy Beckett is one of these books. She has selected what she believes to be the greatest paintings in Western Art. There are over 500 pages of great and lesser great artists in alphabetical order, from Josef Albers to Francisco De Zurbarán. The book is 10 by 12 inches, with illustrations in full color. It covers just about all of the artistic styles you could imagine, with more than I could begin to describe, let alone know. She talks briefly on each artist and his/her works. Sometimes she tells you that the artist or his or her works may not be her favorite, yet those works are worthy of being included in this collection. Sister Wendy and I may not enjoy the same art and we may have some differences of opinions about the works, but undoubtedly she does know her art. The only thing that I was a little disappointed about with this book was that even for the larger format used, they did not use it to the fullest advantage for showing detail. Rather, they would show two or three paintings on one page for quantity. Other than that, it is a book you can just start almost anywhere and enjoy. It will get you interested in other art books on particular artists or styles, which in itself, is a great reason to purchase or borrow this book. So, why not visit your local library or bookstore and check out the art books. Most larger bookstore chains have art books on sale

and a broad selection. I will also suggest that you watch the “what’s going on” section of your local newspaper for art exhibits in and around your area.



To be a better you. By now, if you have read one or more of these newsletters, you know I believe in ongoing training, education and learning new things all the time. Even at what some

would call “middle age” (most of the time I don’t feel it), I almost constantly look for new opportunities to learn. I buy tapes, videos and books on things I am currently interested and things I am developing an interest in. I cannot pass a secondhand store that has books without a quick look-see for something that interests me. And many times when I have devoured the book, tape, CD or video, I lend it to someone else who has an interest.

I also look for seminars and other training events to better my skills as a hypnotist, a business person or just being me. It is something I do. Now since I am self-employed, I pay for these things out of my pocket. And at the times I worked for other people, I still paid for most of my education. And the most wonderful and great thing about this is that no matter what happens, this knowledge can never be taken away. What I learned belongs to me forever. Even if I go broke and become penniless, I still have my education. And with education, almost anything is possible.

But there are those who feel that if the company isn’t going to pay for it, “they ain’t doing it.” And that’s pretty much how they say it. They will say that since it is for their job, and to do their job better, the company should pay for any and all outside education. Now naturally, some on-the-job training is proprietary and necessary. And on some jobs,

the training is very specific. That is not what I am talking about here. What I am talking about is training an individual can get on their own by attending night school, CEUs, or college for higher learning and other advanced business skills, not just the training that is needed to hold a job.

What it comes down to is, how do you value yourself and how you may be perceived by your employer. What this means is what view your employer is getting if you aren’t willing to invest in yourself. He/she might be thinking, why should I? If you don’t think you are worthy enough to invest in your own betterment, why should your employer? And furthermore, if you are looking to be promoted within a business, who do you think has a better chance of growing and moving up within a company? The employee who does nothing to better him or herself and expect others to do it for them, or the person who takes the initiative to do it for him or herself first? And if money is available for outside training, who do you think will be most likely to receive it? Probably the people who are showing that they want to better themselves. Probably the ones who are bettering themselves.

Lastly on this. Yes, sometimes life is unfair. You can be the person who aggressively seeks a better education and never seem to be treated justly. And if it happens, you have still made yourself more valuable to someone else who will probably appreciate what you are doing. Opportunities will be more readily available to you than others who sat and waited for others to open doors for them.



Quote we liked.

“Some are born to greatness, some achieve greatness, and some have greatness thrust upon ’em.”
This comes from William

Shakespeare's play, *Twelfth Night*. I like this quote because it can make you think. What was the intent of its use in the counterfeit letter? What was Shakespeare trying to say in context of the play? Was he mocking or praising in all the ways it was used? Can it have more than one meaning? One might ask, what other ways are there to greatness? Like I said, it makes you think. And for just aesthetic reasons, I like it because it has the sounds of a great quote.



Why hypnosis?

Can hypnosis help everyone? No. Can it help some people? Absolutely. There are several factors that determine the use and

effectiveness of hypnosis. If the problem or situation is a severe medical problem, the client must first seek professional medical attention and then, if appropriate, the use of hypnosis can be prescribed as a complementary treatment. Another factor would be if the client has unreasonable expectations. If a person says he/she wants to lose fifty pounds in two months, that would not only be unreasonable, but probably dangerous. But if he/she said he/she has a goal of losing fifty pounds, four or five pounds a month, taking it off slowly, the way it went on, and using hypnosis as part of an overall physical wellness program, that would be reasonable and appropriate. Another factor would be if the person has a true desire for the change. If he or she says, "yes, I want to stop smoking", but is still looking forward to that next cigarette, he or she will probably not be helped by hypnosis. Hypnotists are not magicians and hypnosis is not magic. It is a tool to help people make change. There are more factors that determine the effectiveness of hypnosis and we will touch on those in future issues of this newsletter.

Info About Us. We are proud members of:

- The Lancaster Chamber of Commerce
- The Southern Lancaster County Chamber of Commerce
- The National Guild of Hypnotists
- The American Board of Hypnotherapy

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p.s. If you have any questions you would like us to answer or any subject you would like to discuss, call or email us and we will do what we can. Also, if you would prefer to receive this newsletter as an email, let us know and we will make it happen. If you have a business that thinks this newsletter would be valuable to your customers and would like to have some extras to share, we would be glad to drop some off with a counter display.



A word of

thanks. It would be inappropriate not to give thanks for our blessings at Thanksgiving. We

have been blessed in countless ways. As parents we are thankful for our daughters, as well as being grandparents to three fantastic grandchildren. We come from wonderful families and are thankful for parents who met all our needs and more. We are also blessed with other family members and friends who surround us. And we have our faith from which all our blessings flow. We hope you are blessed also and have a wonderful Thanksgiving holiday.

Roger & Patti